

Peach Bread Pudding With Peach and Nutmeg Sauce

Totals per serving (makes 8) plus ¼ cup Nutmeg Sauce:

Calories 125 Fat 1g Fiber 3g Carbs 50g

What you'll need for the bread

pudding:

- 10 Slices, dried 45 calorie whole wheat bread
- 1 Can butter flavored cooking spray
- 1 14 oz can peaches packed in Splenda - chopped
- 2¼ Cups skim milk
- 3 Egg whites
- 1 tsp Vanilla
- ½ Cup Splenda for baking
- ½ tsp Nutmeg
- ½ tsp Cinnamon

What you'll need for the sauce:

- ¾ Cup Smuckers sugar free pancake syrup
- 2 14 Oz cans peaches packed in Splenda - chopped
- ½ tsp Nutmeg
- ½ tsp Cinnamon

- 1 Large mixing bowl
- 1 8x8 baking dish
- 1 Blender
- 1 Large saucepan

Let's get to cooking!

1. Beginning with the bread pudding - preheat oven to 350 degrees.
2. Generously spray baking dish with cooking spray.
3. Cube dried bread and place in large mixing bowl.
4. In a separate bowl mix 1 can peaches, milk, eggs, vanilla, Splenda and spices.
5. Fold into bread and allow all liquid ingredients to be absorbed by the bread.
6. Pour mixture into baking dish and bake 45 minutes.
7. While this is baking make your Nutmeg Sauce.
8. In your blender put all of your sauce ingredients – leaving out one can of peaches.
9. Blend thoroughly and pour into saucepan and turn to medium heat.
10. Add remaining can of chopped peaches.
11. Once bread pudding is golden brown remove from oven and slice into 8 portions.
12. Top with hot Nutmeg Sauce and serve!

NOTE: Folks in the South might like to add nuts or raisins to this recipe, and if you do be sure and recalculate your calorie totals. The sauce is wonderful over a low calorie vanilla ice cream too!

Another **Kitty's Lighter Weigh** recipe!